*Bijgewerkt tot en met 3-1-2025*

**U20 Meisjes Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.9 sec |  | Corina Monden | Roermond | 17-05-81 |
| 200 meter | 27.6 sec |  | Corina Monden | Roosendaal | 13-07-82 |
| 400 meter | 60.4 sec |  | Corina Monden | Terneuzen | 14-06-81 |
| 800 meter | 2.27.4 min |  | Heidy Gommers | Roosendaal | 26-04-92 |
| 1000 meter | 3.13.8 min |  | Heidy Gommers | Zundert | 21-04-94 |
| 1500 meter | 5.07.9 min |  | Heidy Gommers | Etten-Leur | 10-05-94 |
| 2000 meter | 7.35.9 min |  | Corina van Koulil | Etten-Leur | 13-07-93 |
| 3000 meter | 11.33.9 min |  | Liesbeth Vissers | Roosendaal | 23-04-86 |
| 3000 meter steeplechase 76 cm(met waterbak) | 14.16.70 min | et | Tessa Mertens | Dordrecht | 11-09-22 |
| 5000 meter | 24.18.09 min | et | Sophie Kenis | Sint-Niklaas (B) | 25-08-20 |
| 100 meter horden 84 cm | 17.14 sec | et | Tessa Mertens | Nijmegen | 03-07-22 |
| 400 meter horden 76 cm | 74.5 sec |  | Ina Frijters | Valkenswaard | 21-08-82 |
| 4 x 100 meter | 52.2 sec |  | Berlinde VerhagenCorina MondenIna FrijtersAns Frijters | Roosendaal | 10-06-80 |
| 7-kamp | 3808 pnt |  | Sabine Monden | Zundert | 29/30-09-12 |
| Hoogspringen | 1.55 mtr |  | Sabine Monden | Roosendaal | 29-06-12 |
| Verspringen | 5.13 mtr |  | Jolanda Dictus | Veldhoven | 13-04-86 |
| Polsstokhoogspringen | 3.10 mtr |  | Lauren Gommers | Zundert | 18-09-20 |
| Hinkstapspringen | 10.30 mtr |  | Sanne Schellekens | Spijkenisse | 03-05-15 |
| Kogelstoten 4 kg | 10.57 mtr |  | Jolanda Dictus | Oosterhout | 09-06-88 |
| Discuswerpen 1 kg | 33.00 mtr |  | Bowien Snepvangers | Etten-Leur | 10-05-19 |
| Speerwerpen 600 gr | 31.92 mtr |  | Ans Frijters | Zundert | 29-08-82 |
| Kogelslingeren 4 kg | 42.84 mtr |  | Bowien Snepvangers | Alphen aan den Rijn | 29-06-19 |

**U20 Meisjes Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50 meter | 7.86 sec | et | Anke Lauwen | Utrecht | 06-01-12 |
| 60 meter | 8.03 sec | et | Femke Frijters | Apeldoorn | 27-01-18 |
| 200 meter | 26.30 sec | et | Femke Frijters | Apeldoorn | 03-12-17 |
| 400 meter | 57.02 sec | et | Femke Frijters | Apeldoorn | 11-02-18 |
| 800 meter  | 2.39.42 min | et | Manon Schellekens | Gent (B) | 28-12-14 |
| 60 meter horden 84 cm | 9.05 sec | et | Femke Frijters | Gent (B) | 13-01-18 |
| Hoogspringen | 1.55 mtr |  | Lauren Gommers | Apeldoorn | 16-02-20 |
| Verspringen | 5.27 mtr |  | Femke Frijters | Apeldoorn | 03-12-17 |
| Polsstokhoogspringen | 2.60 mtr |  | Lauren Gommers | Apeldoorn | 15-02-20 |
| Hinkstapspringen  | 10.17mtr |  | Sanne Schellekens | Apeldoorn | 07-03-15 |
| Kogelstoten 4 kg | 10.90 mtr |  | Jolanda Dictus | Someren | 29-11-87 |

**U20 Meisjes Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 22.00 min | ch | Anouk Boomaerts | Zundert | 01-06-24 |
| 10 kilometer | 46.20 min | ch | Anouk Boomaerts | Venlo | 24-03-24 |

**U20 Meisjes Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 600 meter | 1.55.12 min | et | Anouk Boomaerts | Zundert | 21-09-24 |
| 1 Engelse Mijl | 6.29.63 min | et | Evelyn Rombouts | Zundert | 11-10-14 |
| Spring-2-kamp H+V | 1238 pnt |  | Ina Frijters | Zundert | 28-08-83 |
| Werp-3-kamp K+D+S | 1558 pnt |  | Jolanda Dictus | Oosterhout | 09-06-88 |

**U20 Meisjes Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 35 meter | 5.5 sec |  | Jolanda Dictus | Zevenbergen | 19-01-86 |
| 100 meter | 13.6 sec |  | Mariska van Koulil | Goes | 12-11-94 |
| 300 meter | 41.27 sec | et | Femke Frijters | Gent (B) | 30-12-17 |

**U18 Meisjes Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.7 sec |  | Corina Monden | Koblenz (D) | 25-05-80 |
| 100 meter | 12.77 sec | et | Femke Frijters | Best | 16-10-16 |
| 200 meter | 25.75 sec | et | Femke Frijters | Breda | 06-05-16 |
| 400 meter | 58.62 sec | et | Femke Frijters | Tilburg | 11-06-17 |
| 800 meter | 2.24.45 min |  | Heidy Gommers | Breda | 27-06-92 |
| 1000 meter | 3.25.29 min | et | Anouk Boomaerts | Barendrecht | 09-06-21 |
| 1500 meter | 5.15.4 min |  | Heidy Gommers | Etten-Leur | 07-04-91 |
| 3000 meter | 12.32.91 min | et | Nicole Vriends | Breda | 20-05-07 |
| 100 meter horden 76 cm | 14.52 sec | et | Femke Frijters | Vught | 02-07-17 |
| 400 meter horden 76 cm | 61.31 sec | et | Femke Frijters | Vught | 01-07-17 |
| 4 x 100 meter | 54.91 sec | et | Mirte HereijgersAnkie VermeerenBowien SnepvangersFleur Bastiaansen | Rotterdam | 08-05-16 |
| 7-kamp | 4278 pnt | et | Femke Frijters | Amersfoort | 26/27-08-17 |
| Hoogspringen | 1.66 mtr |  | Sabine Monden  | Lisse | 09-05-09 |
| Verspringen | 5.30 mtr |  | Femke Frijters | Best | 16-10-16 |
| Polsstokhoogspringen | 2.66 mtr |  | Lauren Gommers | Breda | 23-08-19 |
| Hinkstapspringen | 10.69 mtr |  | Sanne Schellekens | Zundert | 02-07-14 |
| Kogelstoten 3 kg | 11.27 mtr |  | Joni Braspenning | Zundert | 16-06-23 |
| Discuswerpen 1 kg | 32.82 mtr |  | Bowien Snepvangers | Uden | 15-04-18 |
| Speerwerpen 500 gr | 31.77 mtr |  | Manon Schellekens | Bergen op Zoom | 30-08-14 |
| Kogelslingeren 3 kg | 46.85 mtr |  | Bowien Snepvangers | Amsterdam | 10-05-18 |

**U18 Meisjes Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.19 sec | et | Femke Frijters | Apeldoorn | 27-12-16 |
| 200 meter | 26.21 sec | et | Femke Frijters | Gent (B) | 14-01-17 |
| 400 meter | 58.75 sec | et | Femke Frijters | Apeldoorn | 19-02-17 |
| 800 meter  | 2.25.41 min | et | Femke Frijters | Apeldoorn | 27-12-16 |
| 1500 meter | 6.46.57 min |  | Sandra Tuytelaars | Dordrecht | 09-03-86 |
| 60 meter horden 76 cm | 8.95 sec | et | Femke Frijters | Gent (B) | 14-01-17 |
| 4 x 200 meter | 2.05.02 min | et | Ankie VermeerenMirte HereijgersSuzanne SnellenBowien Snepvangers | Gent (B) | 10-01-15 |
| Hoogspringen | 1.60 mtr |  | Sabine Monden | Sittard | 07-03-10 |
| Verspringen | 5.17 mtr |  | Femke Frijters | Apeldoorn | 28-01-17 |
| Hinkstapspringen | 10.36 mtr |  | Sanne Schellekens | Utrecht | 01-02-14 |
| Kogelstoten 3 kg | 12.12 mtr |  | Bowien Snepvangers | Apeldoorn | 27-01-18 |

**U18 Meisjes Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 22.56 min | ch | Anouk Boomaerts | Zundert | 04-06-22 |
| 10 kilometer | 52.07 uur | ch | Anouk Boomaerts | Breda | 02-10-22 |

**U18 Meisjes Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.65 sec | et | Sanne Schellekens | Eindhoven | 20-06-14 |
| 150 meter | 23.16 sec | et | Suzanne Snellen | Tilburg | 28-03-15 |
| 300 meter | 45.03 sec |  | Elvina van Koulil | Saint-Mard (B) | 24-07-99 |
| 600 meter | 1.44.20 min | et | Femke Frijters | Zundert | 08-10-16 |
| 1 Engelse Mijl | 6.02.09 min | et | Anouk Boomaerts | Burcht (B) | 10-07-21 |
| 200 meter horden 76 cm | 30.11 sec | et | Femke Frijters | Utrecht | 11-08-17 |
| 300 meter horden 76 cm | 53.9 sec |  | Ina Frijters | Bergen op Zoom | 23-08-80 |
| 4 x 200 meter | 2.06.5 min |  | Kitty VergauwenBerlinde VerhagenMarian van BergenJolanda Ruijzenaars | Bergen op Zoom | 16-08-77 |
| Spring-2-kamp H+V | 1106 pnt |  | Wendy Tuytelaars | Zundert | 28-06-87 |
| Werp-3-kamp K+D+S | 1637 pnt |  | Manon Schellekens | Naaldwijk | 28-09-14 |

**U18 Meisjes Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 30 meter | 5.0 sec |  | Katrien van Hees | Zundert | 01-04-90 |
| 40 meter | 6.0 sec |  | Ina Frijters | Zevenbergen | 08-02-81 |
| 300 meter | 49.38 sec | et | Sanne Schellekens | Gent (B) | 23-02-13 |

**U16 Meisjes Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 80 meter | 10.23 sec | et | Femke Frijters | Vught | 12-07-15 |
| 150 meter | 19.66 sec | et | Femke Frijters | Best | 04-07-15 |
| 300 meter | 41.58 sec | et | Femke Frijters | Utrecht | 14-08-15 |
| 600 meter | 1.40.31 min | et | Femke Frijters | Best | 05-07-15 |
| 800 meter | 2.30.75 min | et | Tessa Mertens | Someren | 30-05-17 |
| 1000 meter | 3.15.1 min |  | Monique Elst | Bergen op Zoom | 20-06-92 |
| 1500 meter | 5.22.67 min | et  | Anouk Boomaerts | Amersfoort | 12-09-20 |
| 1500 meter steeplechase 76 cm (met waterbak) | 6.32.09 min | et | Sophie Kenis | Beveren (B) | 26-07-16 |
| 80 meter horden 76 cm | 12.06 sec | et | Femke Frijters | Vught | 12-07-15 |
| 300 meter horden 76 cm | 44.37 sec | et | Femke Frijters | Amsterdam | 05-09-15 |
| 4 x 80 meter | 43.24 sec | et | Ankie VermeerenMirte HereijgersFleur BastiaansenBowien Snepvangers | Terneuzen | 20-06-15 |
| 7-kamp (500 gr speer) | 4019 pnt | et | Femke Frijters | Best | 04/05-07-15 |
| Hoogspringen | 1.72 mtr |  | Sabine Monden | Lier (B) | 17-06-07 |
| Verspringen | 5.20 mtr |  | Femke Frijters | Vught | 12-07-15 |
| Polsstokhoogspringen | 2.20 mtr |  | Lauren Gommers | Amsterdam | 26-08-17 |
| Kogelstoten 3 kg | 11.05 mtr |  | Joni Braspenning | Zundert | 08-07-22 |
| Discuswerpen 1 kg | 30.84 mtr |  | Joni Braspenning | Zundert | 14-05-22 |
| Speerwerpen 600 gr | 24.52 mtr |  | Anke Zagers | Zundert | 15-05-93 |
| Speerwerpen 500 gr | 29.86 mtr |  | Joni Braspenning | Gemert | 05-06-22 |
| Kogelslingeren 3 kg | 33.98 mtr |  | Bowien Snepvangers | Amsterdam | 28-08-16 |

**U16 Meisjes Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 50 meter | 7.92 sec | et | Sanne Schellekens | Zoetermeer | 03-03-12 |
| 60 meter | 8.21 sec | et | Femke Frijters | Gent (B) | 28-12-14 |
| 600 meter | 1.49.62 min | et | Ankie Vermeeren | Apeldoorn | 18-01-15 |
| 800 meter | 2.35.51 min | et | Sophie Kenis | Gent (B) | 19-12-15 |
| 1000 meter | 3.23.22 min | et | Anouk Boomaerts | Gent (B) | 23-02-19 |
| 1500 meter | 5.19.27 min | et | Sophie Kenis | Apeldoorn | 23-01-16 |
| 60 meter horden 76 cm | 9.40 sec | et | Femke Frijters | Apeldoorn | 18-01-15 |
| Sprintmeerkamp | 1573 pnt | et | Sanne Schellekens | Zoetermeer | 03-03-12 |
| Hoogspringen | 1.70 mtr |  | Sabine Monden | ValasskéMez.(CZ) | 16-03-08 |
| Verspringen | 4.62 mtr |  | Femke Frijters | Hoboken (B) | 15-02-15 |
| Kogelstoten 3 kg | 10.54 mtr |  | Joni Braspenning | Apeldoorn | 27-03-22 |

**U16 Meisjes Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 21.05 min | ch | Anouk Boomaerts | Rijsbergen | 15-06-19 |

**U16 Meisjes Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 12.73 sec | et | Femke Frijters | Breda | 08-05-15 |
| 200 meter | 26.11 sec | et | Femke Frijters | Breda | 08-05-15 |
| 400 meter | 56.60 sec | et | Femke Frijters | Breda | 28-06-15 |
| 2000 meter | 7.51.07 min | et | Sophie Kenis | Zevenbergen | 17-06-15 |
| 3000 meter | 12.23.38 min | et | Anouk Boomaerts | Rotterdam | 20-08-20 |
| 1 Engelse Mijl | 5.57.09 min | et | Anouk Boomaerts | Burcht (B) | 13-07-19 |
| 100 meter horden 76 cm | 18.25 sec | et | Benedicte Kimwanga | Tilburg | 23-06-19 |
| 200 meter horden 76 cm | 30.42 sec | et | Femke Frijters | Utrecht | 14-08-15 |
| 400 meter horden 76 cm | 1.01.65 min | et | Femke Frijters | Hengelo | 25-06-15 |
| 4 x 100 meter | 56.94 sec | et | Anouk BoomaertsBenedicte KimwangaSofie KleinTess van Ostaijen | Terneuzen | 28-04-19 |
| Hinkstapspringen | 8.00 mtr |  | Tess van Ostaijen | Terneuzen | 28-04-19 |
| Spring-2-kamp H+V | 1055 pnt |  | Wendy Tuytelaars | Steenbergen | 27-08-87 |
| Werp-3-kamp K+D+S | 1273 pnt |  | Bowien Snepvangers | Steenbergen | 07-06-16 |
| 1 Engelse Mijl | 6.19.50 min | et | Sophie Kenis | Zevenbergen | 02-09-15 |

**U16 Meisjes Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 30 meter | 4.9 sec4.9 sec |  | Katrien van HeesPeggy Jansen | ZundertZundert | 02-04-8901-04-90 |
| 35 meter | 5.4 sec |  | Wendy Tuytelaars | Alphen | 16-11-86 |
| 40 meter | 6.0 sec |  | Mariska vanKoulil | Zevenbergen | 21-01-93 |
| 200 meter | 27.60 sec | et | Femke Frijters | Gent (B) | 20-12-14 |
| 300 meter | 42.28 sec | et | Femke Frijters | Gent (B) | 14-02-15 |
| 400 meter | 57.59 sec | et | Femke Frijters | Apeldoorn | 01-03-15 |
| 4 x 200 meter | 1.59.68 min | et | Mirte HereijgersBowien SnepvangersSophie KenisAnkie Vermeeren | Gent (B) | 16-01-16 |

**U14 Meisjes Baan Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.51 sec | et | Fien Zopfi | Zundert | 18-05-24 |
| 600 meter | 1.47.07 min | et | Floor Vloedgraven | Bergen op Zoom | 29-06-24 |
| 1000 meter | 3.15.7 min |  | Monique Elst  | Roosendaal | 01-06-91 |
| 1000 meter steeplechase(zonder waterbak) met balk 76 cm | 3.40.18 min | et | Tessa Mertens | Barendrecht | 12-05-16 |
| 60 meter horden 76 cm | 10.6 sec10.6 sec |  | Tessa ZagersCecile Monden | ZundertVlissingen | 01-05-9330-08-08 |
| 4 x 60 meter | 33.91 sec | et | Fien ZopfiFloor VloedgravenHanne StraverLola Verpalen | Terneuzen | 22-06-24 |
| 3000 meter snelwandelen | 22.16.71 min | et | Sabine Janssens | Zundert | 10-07-10 |
| 6-kamp | 2913 pnt |  | Cecile Monden | Vlissingen | 30/31-08-08 |
| Hoogspringen | 1.57 mtr |  | Cecile Monden | Zundert | 27-09-08 |
| Verspringen | 4.90 mtr |  | Fien Zopfi | Zundert | 18-05-24 |
| Kogelstoten 2 kg | 11.22 mtr |  | Joni Braspenning | Zundert | 18-09-20 |
| Discuswerpen 750 gr | 22.24 mtr |  | Joni Braspenning | Zundert | 15-08-20 |
| Speerwerpen 400 gr | 25.78 mtr |  | Laura Wierks | Zundert | 07-05-94 |

**U14 Meisjes Indoor Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 60 meter | 8.52 sec | et | Fien Zopfi | Apeldoorn | 24-02-24 |
| 600 meter | 1.56.26 min | et | Anouk Boomaerts | Apeldoorn | 20-01-18 |
| 1000 meter | 3.26.48 min | et | Tessa Mertens | Apeldoorn | 23-01-16 |
| 60 meter horden 76 cm | 11.86 sec | et | Lore Goetschalckx | Apeldoorn | 19-01-19 |
| Hoogspringen | 1.55 mtr |  | Cecile Monden | Groningen | 27-01-08 |
| Verspringen | 4.73 mtr |  | Fien Zopfi | Apeldoorn | 24-02-24 |
| Kogelstoten 2 kg | 9.28 mtr |  | Benedicte Kimwanga | Rijen | 04-03-18 |

**U14 Meisjes Weg Officieel**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 5 kilometer | 21.27 min | ch | Anouk Boomaerts | Rijsbergen | 16-06-18 |

**U14 Meisjes Baan Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 100 meter | 14.37 sec | et | Femke Frijters | Zevenbergen | 26-06-13 |
| 200 meter | 29.33 sec | et | Femke Frijters | Zevenbergen | 26-06-13 |
| 800 meter | 2.39.97 min | et | Tessa Mertens | Terneuzen | 21-05-16 |
| Discuswerpen 1 kg | 17.19 mtr |  | Marie-AnDoomen | Zundert | 30-09-84 |
| Werp-3-kamp K+D+S | 1060 pnt |  | Anouk Boomaerts | Steenbergen | 05-06-18 |

**U14 Meisjes Indoor Officieus**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 30 meter | 5.1 sec |  | Sanne Schellekens | Vaassen | 07-03-10 |
| 35 meter | 5.3 sec |  | Wendy Tuytelaars | Alphen | 11-11-84 |
| 40 meter | 6.3 sec |  | Nina Mathijssen | Zevenbergen | 10-01-93 |
| 150 meter | 22.98 sec | et | Julie van Os | Apeldoorn | 14-12-24 |